

Healthy Relationship Checklist

- Do you want the same kind of relationship?
- Do you share common goals for the future?
- Do encourage and support each other's goals?
- Do you respect and accept each other for who you are?
- Do you have healthy boundaries?
- Do you communicate in healthy ways?
- Do you give and take from each other?
- Do you enrich each other's lives?
- Are you showing your authentic selves?

Notes
